



**King County**

# The King County Mental Health R & R Roundup

News about Recovery and Resiliency in King County

*Recovery and resiliency enables a person, whether an adult, youth, or family who lives with mental health challenges, to become active partners in finding and maintaining their own wellness. Remembering who you are and using your strengths to become all you were meant to be is what recovery is all about. Resiliency is an innate capacity that when nurtured empowers a person to successfully meet life's challenges with a sense of self-determination, mastery and hope.*

The King County Mental Health, Chemical Abuse and Dependency Services Division (MHCADSD), in partnership with the mental health agencies in King County, and the people who participate in services, are building a recovery and resiliency oriented system.

Based on a recovery ordinance passed by the King County Council in 2005, MHCADSD has implemented the 2005-2010 King County Recovery Plan.

The people who work with children and older adults have said from the beginning the concepts of resiliency apply for them better than recovery alone. Resiliency develops over time and takes into account the interaction of: risk

and protective factors; contextual conditions; and individual traits and abilities.

Strategic planning has begun for the next evolution of system change for the mental health system in King County: to be better, more flexible, and more supportive of the recovery and resiliency of the people who come for mental health services.

Some of the highlights of the next round of system change have already become clear:

-Addressing resiliency principles on par with those of recovery.

-Beginning to merge the recovery and resiliency initiatives for the mental health

system and the chemical dependency services system.

-Finding ways to increase the leadership, voice, and participation of the people who live with mental health and substance use challenges in planning, implementation, and evaluation of the system.

Other aspects of the next wave of change have yet to be identified. We need you to help us get there!

There will be many opportunities for you to have a voice—to share your ideas and priorities as we move forward.

See page 2 for more!

3rd Quarter, 2011

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The Roundup has become the:

The King County Mental Health R&R Roundup

to acknowledge both Recovery and Resiliency as stepping stones to wellness.

## .....Breaking News.....Breaking

.....2011 Recovery & Resiliency conference in September a great success!.....electronic versions of presentations available.....see inside!.....

## Where do we go from here?

Current literature about progressive recovery and resiliency oriented mental health systems describes the following values and practices:

- Leadership - consistently focused on recovery and resiliency and based on bottom-up input, providing opportunities and avenues for contribution and participation
- Amplifying consumer and family voices - basing decisions on their direct experiences and wisdom
- Focusing on positive psychology - hope, resilience, competence, strengths, creativity, community building, supportive spirituality, sense of meaning, joy
- Working in partnership - staff in life coaching roles, motivational interviewing, shared decision making, self-directed care
- Person and family centered planning - goal driven, rebuilding life focus
- Symptom self management - WRAP, DBT, family education, advanced directives, CBT, hearing voices training
- Community inclusion, justice, and social roles - supported housing, employment, education, parenting, citizenship, anti-discrimination, support for appropriate accommodations for social inclusion, supportive connections (building natural supports)
- Holistic wellness and rejuvenation - risk reduction, wellness activities, integrating primary care, integrated dual diagnosis, trauma, complementary health, sanctuary
- Continuous self assessment / quality improvement - staff learning culture

- Peer role / peer support - support groups, recovery education for consumers, peer counseling, warm lines, consumer operated programs

As noted on the front page, King County has begun merging mental health and chemical dependency planning for recovery and resiliency.

This mirrors what is happening at the federal level. The Substance Abuse and Mental Health Services Administration (SAMHSA) recently released a new description of the definition of recovery for people with behavioral health challenges:

A process of change through which individuals work to improve their own health and well-being, live a self-directed life, and strive to achieve their full potential.

As delineated by SAMHSA, there are four major dimensions that are essential to a life in recovery:

**Health:** overcoming or managing one's disease(s) as well as living in a physically and emotionally healthy way;

**Home:** a stable and safe place to live;

**Purpose:** meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society; and

**Community:** relationships and social networks that provide support, friendship, love, and hope.



The King County mental health system has come a long way in transforming services to be better supportive of recovery and resiliency.

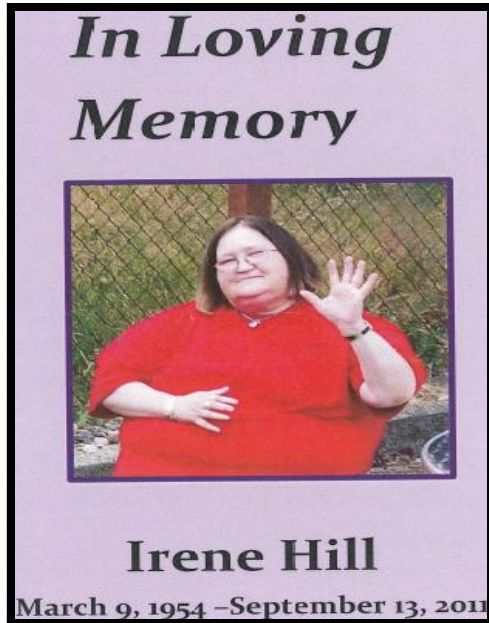
Initiatives begun in the first cycle will continue, as in some respects, they are only beginning to become part of the infrastructure. Incentives will continue to be offered to mental health agencies who meet targeted outcomes.

Workforce training will be provided. Current structures like the Voices of Recovery advisory group and the Recovery Advisory Committee will continue, though they may change. The chemical dependency treatment system has already embarked on a process to identify Recovery Oriented Systems of Care.

In addition to the identified strategies and continuing what works for system change, anticipating and planning healthcare reform must be an integral aspect of the next King County Recovery and Resiliency Plan.

King County welcomes the voice and participation of everyone having an interest in ensuring people get the help they need to meet the goals described in the SAMHSA definition.

Town hall type meetings will be scheduled across King County. We invite the community to help us brainstorm how the mental health system can become more and more like the ideals described by SAMHSA. Watch for announcements of such opportunities in your area!



This issue of the King County Recovery and Resiliency Roundup is dedicated to the memory and work of Irene Hill. Irene was a peer support specialist at Sound Mental Health. Irene was a pioneer among pioneers. She was in the very first peer training provided by Navos Mental Health Services, several years before Washington State started peer counselor training.

Irene was remembered at a lovely, inclusive memorial service held at Hero House on September 21, 2012. The community came together to recall her generous spirit and the encouragement she clearly gave to many, many people. As she liked to say, "If I can do it, you can, too!"

## **King County Community Legislative Forum Please Join us!!**

**Please Save the Date!**

**15<sup>th</sup> Annual King County Community Legislative Forum:  
Current Issues Related to  
Mental Health and Substance Abuse Prevention, Treatment and Recovery  
and Preparing for Health Care Reform  
Thursday, November 17, 2011  
6:30 p.m. - 8:30 p.m.**

**St. Mark's Cathedral, Bloedel Hall  
1245 10<sup>th</sup> Avenue East, Seattle**

The Forum is jointly sponsored by:

The King County Mental Health Advisory Board, the King County Alcoholism and Substance Abuse Administrative Board, the King County Community Organizing Program Advisory Board; and Three local chapters of the National Alliance on Mental Illness (NAMI) – NAMI Eastside, NAMI Greater Seattle and NAMI South King County.

Community members and sponsors will be delighted to see their legislators at the 2011 Legislative Forum. We look forward to sharing our successes and to hearing our legislators' priorities and perspectives on the upcoming legislative session.



# The 2011 King County conference, Recovery and Resiliency: Stepping Stones to Wellness

The first King County mental health recovery conference was held on September 9 and 10, 2011 at Seattle Central Community College and Broadway Performance Hall.

By all accounts, the conference was excellent! The keynote speakers, Amy Long on Friday, and Rick Shepler and Terre Garner on Saturday, were all inspiring and energizing, bringing new ideas, skills, and resources to conference participants.

Feedback from the workshop evaluations was very positive. The fact that many of the workshops were provided by peers was noticed and appreciated. Many people commented that having so many peers share their strength, skill, and experience was uplifting and created a sense of optimism for the mental health system.

Student volunteers from the Community and Human Services Program at Seattle Central Community College

provided invaluable assistance with registration, hospitality, assisting people to find their way to the workshops, and general support throughout the conference. They were provided with 8 hours of training in mental health recovery and resiliency in the month before the conference and were excited to be there and learn more.

This collaboration will pay off in the future in terms of people coming into the human services workforce already informed about recovery.

Comments on the overall evaluations were overwhelmingly positive: People loved the workshops, exhibits, keynote, free lunch. The location was easy. People especially appreciated the mix of people who receive services and people who provide services and not being able to tell which was which!

The biggest concern voiced on the evaluations was how hard it was to decide which workshop to go to. Next year, we'll tell participants up front that they will be challenged to make choices because we designed the conference to be a rich experience.

Electronic versions of many of the workshop presentations have been loaded onto the conference website. Using a search engine like Bing or Google, look up 2011 King County mental health conference, or go to:

<http://www.kingcounty.gov/healthservices/MentalHealth/Recovery/Stepping%20Stones%20to%20Wellness%20Conference.aspx>

We will be having a conference next year, bigger and better, joining with the chemical dependency and prevention folks...Stay tuned!

## Stepping Stones by the numbers....

231 people attended on Friday, about 200 on Saturday, an 88% show rate

66% were people who participate in mental health services and 33% were mental health workers

36 workshops were offered on the themes of Wellness, Leadership, and Skill building,

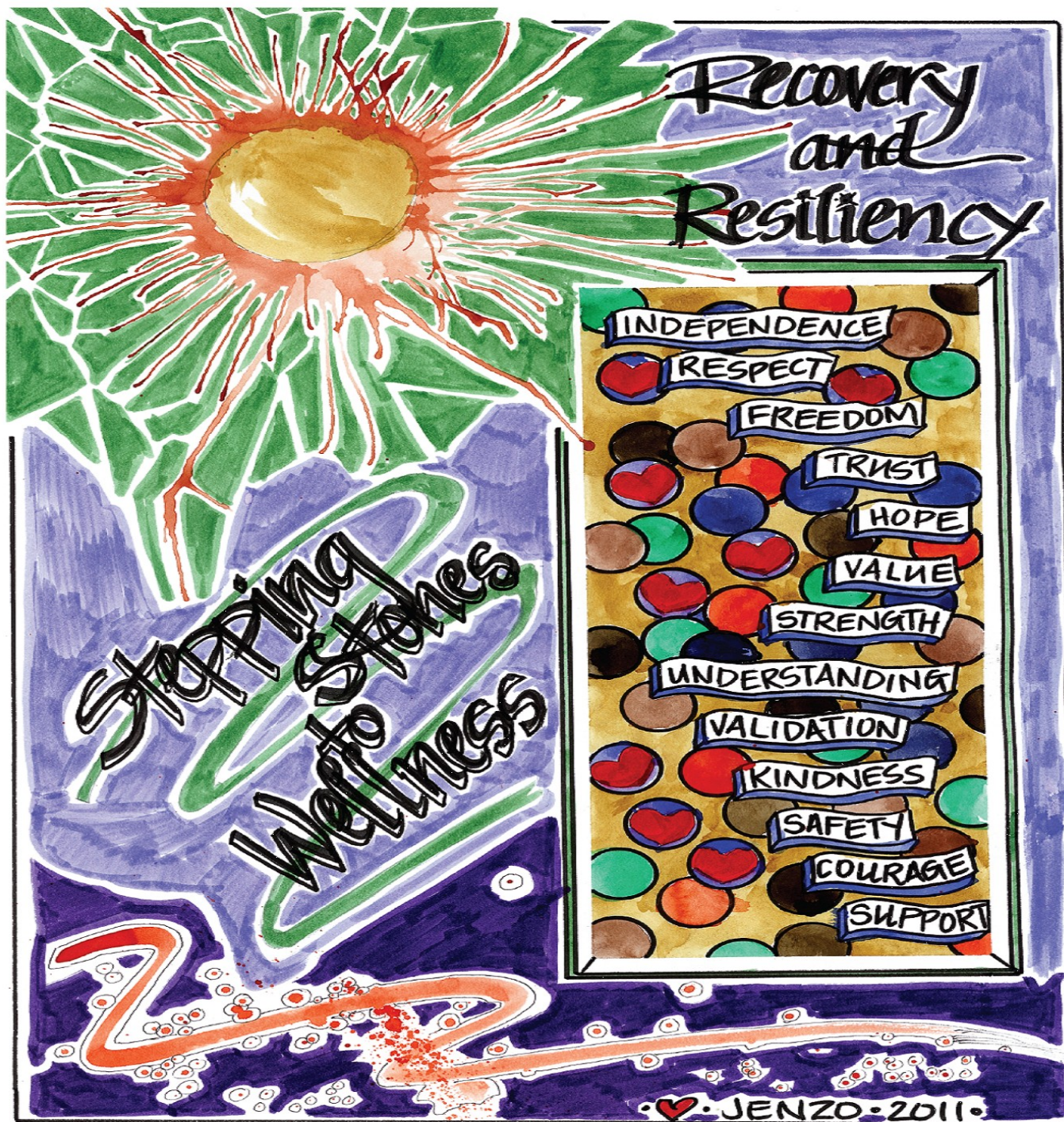
30 students of the Seattle Central Community College program of Human and Social Services volunteered over 600 hours of service in Registration, Hospitality, and Security.

44 Overall Evaluations were turned in. 100% said:

- The conference gave them hope
- Strengthened their ideas about recovery and resiliency
- Showed them a path to wellness for themselves and others
- Recommended the conference be presented again next year
- Said they will come again, and
- Recommend others do so.







Jen Hanson is the winner of the **2011 King County Mental Health Poster Art Contest**. King County congratulates Ms. Hanson and thanks her for sharing her vision of recovery. The artist said about her image:

“Being creative and doing art is very healing for me. The words on the poster give me hope. In the past, the world has beat me up with trauma, abuse, homelessness, and addiction. The road to recovery is long but it has my name on it. I’m proud to say I am resilient and recovering.”  
- Jen Hanson



## Calling all artists....The King County R&R Roundup wants you...

The King County Recovery and Resiliency Roundup wants to share your creative work representing your experience of recovery, resiliency, and wellness. This is now a regular feature of the Roundup.

If you are willing to share your poetry, essays, pictures, or drawings with the King County mental health community, please make a submission to be considered to be published in the R & R Roundup. The Voices of Recovery group will review and decide which

work will be published.

Submissions must follow these guidelines:

- Must be all original work (no magazine or copyrighted material)
- Must be unframed and unmounted
- Must have name, address, and phone number on back
- Must be reproducible
- Must include a *signed permission* form to reproduce and distribute the work.

Work must be respectful of other people's privacy. Any submissions that refer to people by name (other than the artists,) will not be accepted. Work must also be appropriate for a general audience, including children.

Work may be edited by the Voices of Recovery group to fit. An artist will be given the opportunity to approve any changes.

Please use the Permission Form below when submitting your work.

### Entry Form for creative work to be submitted to the King County Recovery and Resiliency Roundup

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Title of Entry: \_\_\_\_\_

**Permission to Publish this entry:** I understand that if my entry is accepted, my work will be reproduced in the King County Recovery and Resiliency Roundup (also known as the R&R Roundup.) The R&R Roundup is available on the King County Mental Health Recovery website and may be printed and distributed. If this entry is accepted, I hereby give my permission to have it edited if necessary and reproduced in the R&R Roundup. I understand that once this occurs, this original entry will be returned to me by mail, and all copyrights (beyond the R&R Roundup) return to me. I declare that this entry is my original work, and that it contains no previously copyrighted material. I understand all the above, and hereby give my permission to use my entry if selected.

\_\_\_\_\_ (signature line)

Please mail or deliver your work with your permission slip to: Terry Crain, Recovery Specialist  
401 5th Ave., Suite 400  
Seattle, WA 98104

## Art by and for the King County mental health community

This powerful picture was submitted to and selected by the Voices of Recovery, a consumer advisory group on recovery, for publication in the King County Recovery and Resiliency Roundup. The Roundup is honored to share this art.

The artist is Brian Root. The name of his artwork is: "After being abused and neglected, rainbow kitty is rescued by annabell, karen the jellyfish, ronald reagan, and roger the penguin."



## Art by and for the King County mental health community

# Freebird

You can't hold me down, I'm a freebird you see,  
Even though your touch brings me to a knee.  
Neither strong words nor your passionate cries  
Will keep me from flying toward clear, blue skies.

Can't be told where to go or who to be;  
I keep to myself 'cause talk's not for me.  
I gotta fly high o'er the deep blue sea.  
I gotta fly high or I'm just not free.

Your hands are my tether, your words tell it true.  
The more you push, the more you knew  
That I fly solo 'cause my friends are few.  
So, I gotta fly high farther away from you.

What's become of this world; I'd like to ask.  
When people get sadder with every task.  
No matter the reason, I wear my mask.  
I'm freebird, I'm falling; enclosed in a cask.

By Lori Dutting

BE KIND TO YOURSELF







## King County

**Mental Health, Chemical Abuse  
and Dependency Services Division**

**Department of  
Community and Human Services**

**CNK-HS-0400**

**Chinook Building  
401 Fifth Avenue, Suite 400  
Seattle, WA 98104**

**206.263.9000  
206.296.0583 Fax  
206.205.1634 Fax - Clinical Services  
206.205.0569 TTY/TDD**

### My Recovery Story...

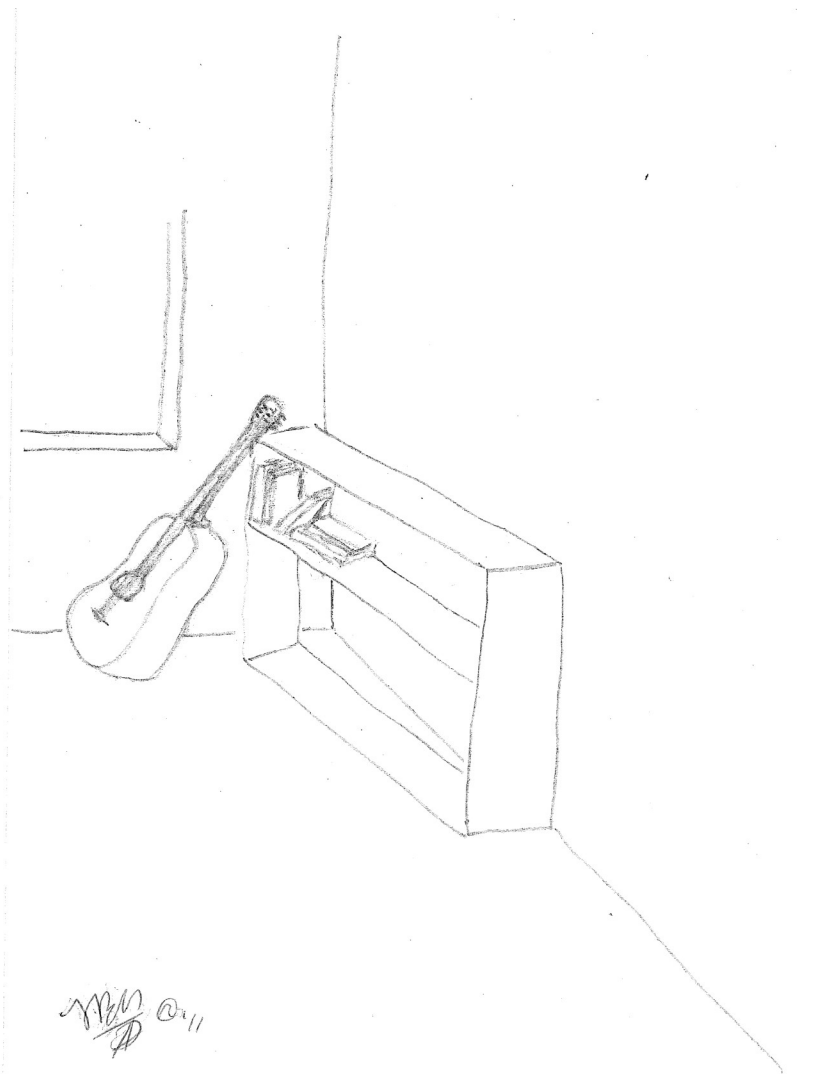
My artwork, Sleeping Guitar, and my poem, "small music" were composed during my ongoing recovery from the difficulties I have had since childhood.

I was homeless for a time, but after this last stint at the hospital one and a half years ago, I went to El Rey group home in the Belltown neighborhood of Seattle. That's where I found the call for submissions to the Recovery and Resiliency Roundup. I live there in relative security in a room that I call Home.

Adding to the quietude in my mind, necessary for me for the creative process, I was referred by my case manager and DVR to an employment rehabilitative clubhouse, Wallingford House. My self esteem has improved along with my productivity. Several articles I wrote have appeared in our newsletter, and I have helped by writing the task checklists for our two clubhouse units, as well as washing dishes for our \$1 lunches.

My artwork are the way-stations on my journey to wellness.

-Frederick B. Ungrich II



small music

rain patter on roof

small talk and

soft music

flow on

flow on....

soft, small music

Rain

**King County Mental Health Recovery is on the Web! Check it out:**

<http://www.kingcounty.gov/healthservices/MentalHealth/Recovery.aspx>

<http://www.kingcounty.gov/healthservices/MentalHealth/Recovery/KcMentalHealth/KCMentalHealthRoundUp.aspx>